LifeSource natural foods

WINTER SOUPS & STEWS

2022

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SAUSAGE AND PINTO BEAN SOUP

Makes 6 Servings

INGREDIENTS

- 1 lb ground Italian sausage
- 2 Tbsp butter
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 Tbsp tomato paste
- 2 tsp Italian seasoning
- 1 tsp smoked paprika
- ½ tsp red chili flakes (optional)
- 4 cups pinto beans, cooked and drained
- 4 cups chicken broth
- 2 Tbsp Worcestershire sauce
- 1 bunch kale, stemmed and chopped
- Salt and pepper, to taste

DIRECTIONS

1. Sauté sausage until browned over medium heat in a 6 quart Dutch oven. Remove from the pan, set aside.
2. Melt butter over medium heat. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, tomato paste, Italian seasoning, paprika, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans and broth. Bring to a boil, reduce heat to low and simmer for about 20 minutes, to let all the flavors get to know each other. Add cooked sausage and kale, simmer for an additional 3-5 minutes or until kale is tender. Taste and add salt and pepper or adjust other seasonings if desired. Serve hot with cornbread.

CREAMY MUSHROOM AND WILD RICE SOUP

Makes 6 Servings

INGREDIENTS

- 1 cup wild rice blend
- 3 tbsp butter
- 1 large yellow onion, chopped
- 2 medium shallots, minced
- 4 cloves garlic, minced
- 1 ½ lb mushrooms (we used crimini, portobello, and shiitake)
- 2 tsp fresh thyme leaves, minced
- 1 tsp fresh rosemary, minced
- 1 tsp smoked paprika
- Salt and pepper, to taste
- 3 Tbsp all purpose flour
- 3 cups beef or mushroom broth
- ½ cup white wine
- 2 Tbsp Worcestershire sauce
- 1 Tbsp golden balsamic vinegar
- ¾ cup half and half (optional)
- 1 Tbsp sour cream (optional)

DIRECTIONS

1. Add rice, a pinch of salt, and 1 ¾ cup water to a medium pot. Bring to a boil. Cover and reduce heat to a low simmer, cook until tender and all water is absorbed, about 45 minutes. Leave covered and set aside.
2. In a large heavy bottomed pot, melt butter over medium heat. Cook onion until translucent and beginning to soften, about 7 minutes. Stir in shallot and garlic. Cook for an additional minute. Add mushrooms and cook for another 10 minutes, stirring occasionally, until mushrooms are softened.
3. Stir in thyme, rosemary, paprika, salt, pepper, and flour. Cook and stir for 3 minutes.
4. Whisk in broth, wine, Worcestershire sauce, and vinegar. Adjust heat to medium high, stirring until soup is bubbly and slightly thickened, about 10-15 minutes.
5. Stir in cooked rice, half and half and sour cream, if using. Taste and adjust seasonings if desired.
6. To freeze, omit half and half and sour cream. Freeze the soup for up to 3 months. Thaw overnight in the refrigerator. Stir in cream and sour cream after heating up and before serving.

HAM AND CANNELLINI BEAN SOUP

Makes 6 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb cooked ham, diced
- 1 medium yellow onion, chopped
- 4 garlic cloves, minced
- 3 carrots, chopped
- 3 ribs celery, chopped
- 2 tsp poultry seasoning
- 1 tsp thyme
- ½ tsp red chili flakes (optional)
- 1 bay leaf
- Salt and pepper, to taste
- 4 cups cannellini beans, cooked and drained
- 4 cups chicken broth
- 1 bunch kale, stemmed and chopped

DIRECTIONS

1. Heat oil over medium heat in a 6 quart Dutch oven. Sauté ham until browned. Remove from the pan, set aside.
2. Sauté onion until just translucent. Add garlic, cook until just fragrant. Stir in carrots, celery, poultry seasoning, thyme, salt, pepper, and chili flakes. Sauté until vegetables are just tender, about 5 minutes.
3. Add beans, broth, and ham. Bring to a boil, reduce heat to low and simmer for about 20 minutes, to let all the flavors get to know each other. Add kale, simmer for an additional 3-5 minutes or until tender. Serve hot with crusty bread.

13 BEAN VEGETABLE SOUP

Makes 6 Servings

INGREDIENTS

- 2 Tbsp olive oil
- 1 medium yellow onion, chopped
- 2 stalks celery, chopped
- 2 carrots, peeled and chopped
- 4 cloves garlic, minced
- ½ cup dry white wine
- 4 cups homemade vegetable broth
- 2 cups cooked 13 bean soup mix
- 1 (14.5 oz) can diced tomatoes, with juice
- 1 (4 oz) can green chiles, with juice
- 1 tsp Italian seasoning
- ½ tsp dried rosemary
- ½ tsp smoked paprika
- ½ tsp chili flakes (optional)
- Salt and pepper, to taste
- 1 cup green beans, chopped
- 1 cup cauliflower florets
- ½ cup frozen peas
- ½ cup frozen corn
- 1 Tbsp golden balsamic vinegar, or to taste

DIRECTIONS

1. In a large, heavy bottomed pot, heat olive oil over medium heat. Saute onion until it starts to soften and become translucent. Add garlic. Cook and stir for an additional minute. Stir in celery and carrot, cook for another 3 minutes.
2. Add wine to deglaze the pan, scraping up any browned bits. Cook until reduced by half, about 2 minutes.
3. Add vegetable broth, beans, tomatoes, chiles, Italian seasoning, rosemary, paprika, chili flakes, salt, and pepper. Bring to a boil, reduce heat, and simmer for 20 minutes.
4. Add green beans, cauliflower, peas, corn, and vinegar. Cook for another 10 minutes, or until the veggies are tender. Taste and adjust seasonings if desired.

CHICKEN AND GNOCCHI SOUP

Makes 6 Servings

INGREDIENTS

- ¼ cup olive oil or butter
- 3 stalks celery, diced
- 2 carrots, peeled and diced
- ½ yellow onion, diced
- 1 leek, green and white parts thinly sliced
- ½ lb asparagus, trimmed and cut into quarters
- ½ lb shiitake mushrooms, stems removed and thinly sliced
- 1 jalapeño, minced
- 6 cloves garlic, peeled and thinly sliced
- 1 tsp smoked paprika
- 1 tsp dried thyme
- ½ tsp garlic powder
- ½ tsp onion powder
- ¼ tsp mustard powder
- ¼ tsp red pepper flakes
- Salt and pepper to taste
- ½ cup dry white wine
- 1 lb boneless skinless chicken breast
- 2 (32 oz) cartons chicken broth
- ½ bunch flat leaf parsley, finely chopped
- 3 tbsp fresh sage, chiffonade
- 12 oz package of gnocchi (we used Cappello's)
- Nutritional yeast, to taste
- Karam's Garlic Sauce, to taste
- 1 lemon, cut into wedges

DIRECTIONS

1. In a large, heavy bottomed pot, heat olive oil or butter over medium heat. Sauté celery, carrots, and yellow onions for about 7 minutes. Add leek, asparagus, shiitake mushrooms, and jalapeno, cook for another 5 minutes. Stir in garlic and cook for another minute.
2. Stir in paprika, thyme, garlic powder, onion powder, mustard powder, red pepper flakes, salt, and pepper to taste. Add wine, the whole chicken breast, and broth. Bring to a boil and reduce heat to medium low. Cover and simmer for 20 minutes.
3. Remove the cooked chicken from the soup and shred with 2 forks. Return to the pot along with half of the parsley, all of the sage, nutritional yeast, a squirt of Karam's Garlic Sauce, and the package of gnocchi. Bring to a boil and reduce heat once again to a simmer. Cook for about 5 minutes, or until gnocchi is done. Serve with the remaining fresh parsley and a squeeze of lemon.

VEGAN FRENCH ONION SOUP

Makes 6 Servings

INGREDIENTS

- 4 Tbsp vegan butter
- 2 lbs yellow onions, thinly sliced
- 5 cloves garlic, minced
- 2 Tbsp unbleached wheat flour
- 1 cup dry red wine
- 3 cups mushroom broth
- 1 Tbsp Pickapeppa sauce
- 1 bay leaf
- 4-6 sprigs fresh thyme, bundled and tied with string or ¾ tsp dried
- Sea salt and black pepper, to taste
- Baguette, sliced
- Olive oil
- Vegan cheese (We used Violife Smoked Provolone)

DIRECTIONS

1. Melt butter in a six quart heavy bottomed pan over medium heat. Stir in onions, until coated in butter. Cook until brown and caramelized, stirring every 5 minutes or so. This can take 30-40 minutes.
2. Add garlic, cook and stir for 2 minutes, or until softened and fragrant.
3. Add flour. Cook and stir for about 10 minutes.
4. Add in red wine to deglaze the pan, scraping all of the brown bits from the bottom of the pan. Stir until smooth.
5. Stir in remaining ingredients, mushroom broth, pickapeppa sauce, bay leaf, thyme, sea salt, and pepper. Cook for another 20 minutes.
6. Taste the soup, adjust seasonings if desired. Spoon soup into broiler safe ramekins. Put on a rimmed baking sheet. Brush baguette slices with olive oil, float on top of the soup. Top with cheese. Broil for 3-5 minutes, or until the cheese is melted and bubbly.

No broiler safe ramekins? Not to worry! Preheat the oven to 450°F. Brush baguette slices with olive oil. Bake on a lined baking sheet for 5 minutes. Flip, and top with cheese. Bake for another 5 minutes, or until the cheese is melted and bubbly. Spoon soup into bowls and top with toasted bread and cheese.

SPLIT PEA SOUP WITH HAM HOCKS

Makes 6 Servings

INGREDIENTS

- 1 lb dried split peas
- 2 Tbsp olive oil
- 1 yellow onion, chopped
- 1 leek, white and light green parts, sliced
- 4 cloves garlic, chopped
- 2 carrots, peeled and chopped
- 2 stalks celery, chopped
- 1 pkg (about 1½ lb) smoked ham hocks (we used Lonely Lane Farms)
- 32 oz low sodium chicken broth
- 2 cups water
- ½ tsp black pepper
- ½ tsp poultry seasoning
- ½ tsp cayenne (optional)
- 1 bay leaf
- Sea salt, to taste

DIRECTIONS

1. Rinse and sort through peas, discarding any foreign matter or shriveled peas. Rinse well, no need to soak! Set aside.
2. Heat olive oil over medium in a large Dutch oven. Saute onion and leek until softened, about 5-7 minutes. Add garlic and cook until fragrant, about 1 minute.
3. Add carrots, celery, rinsed peas, ham hocks, broth, water, and seasonings to the pot. Bring to a boil, reduce heat to medium low, and cover partway with a lid. Cook for 1 hour and 30 minutes, tasting after 1 hour. Adjust seasonings or add more water or broth if desired.
4. Once ham hocks are tender, remove from the pot and allow them to cool enough to handle. Cut the meat off the bone and chop into bite sized pieces. Return to the pot. Continue to cook, if needed, until peas are creamy. Enjoy with cornbread!

POTATO LEEK SOUP

Makes 6 Servings

INGREDIENTS

- 2 Tbsp butter or vegan butter
- 2 large leeks, thinly sliced (about 2 lbs)
- 2 stalks celery, chopped
- 1 small yellow onion, chopped
- 4 cloves garlic, finely chopped
- 8 Yukon gold potatoes, peeled and chopped (about 2 lbs)
- 4 sprigs fresh thyme leaves, chopped
- 1 sprig fresh sage leaves, chopped
- 4 cups chicken or vegetable broth
- 1 cup heavy cream or vegan cashew cream
- Salt and pepper, to taste

DIRECTIONS

1. Melt butter in a large heavy bottomed pot over medium heat. Cook and stir leeks, celery and onion until softened, about 10 minutes. Add garlic and cook for an additional minute.
2. Stir in potatoes, fresh herbs, and broth. Bring to a boil, reduce heat, cover, and simmer for 20 minutes, or until potatoes are tender. Remove from heat and allow to cool 20 minutes before blending either with an immersion blender or in a blender in batches.
3. Return to the soup pot. Stir in heavy cream and bring to a simmer. Taste, and season with salt and pepper.

To freeze: Prepare the recipe through step 2. Freeze.
To prepare, defrost soup and complete step 3.

CREAMY CHICKEN CHOWDER

Makes 6 Servings

INGREDIENTS

- 4 slices bacon
- 1 lb boneless skinless chicken breast
- 1 yellow onion, chopped
- 1 large leek, white and light green parts thinly sliced
- 4 cloves garlic, minced
- 1 lb red or yellow potatoes, peeled and chopped
- 3 carrots, peeled and chopped
- 3 stalks celery, chopped
- 1 tsp garlic powder
- 1 tsp poultry seasoning
- 1 tsp ground black pepper
- 1 bay leaf
- ½ cup dry white wine
- 3 cups chicken broth or stock
- 1 1/2 cups half and half
- ¼ cup all purpose flour
- 1 cup frozen corn
- 2 cups shredded cheddar cheese
- Handful flat leaf parsley, chopped

DIRECTIONS

1. In a large Dutch oven over medium heat, fry bacon until crisp, about 3-4 minutes each side. Remove bacon and leave the fat. Fry chicken in bacon fat until browned, about 5 minutes each side. Remove to a cutting board to rest.
2. Add onion and leek to the pot. Cook and stir until softened and lightly browned, about 5 minutes. Add garlic, cooking and stirring until fragrant, about a minute. Add the potatoes, carrots, and celery, cooking until starting to soften, about 5 minutes. Stir in garlic powder, poultry seasoning, black pepper, and bay leaf. Add wine, bring to a boil and simmer for 5 minutes. Next add the chicken broth, bring to a boil, reduce heat to a simmer. Cook uncovered 20 minutes or until vegetables are tender.
3. Chop chicken breast into bite sized pieces. Add to the soup and cook for 5 minutes. Whisk flour into the half and half until smooth. Slowly pour into the soup, stirring continuously. Bring to a boil, reduce heat and simmer until thickened, about 3-5 minutes. Stir in frozen corn.
4. Add shredded cheese a little at a time, stirring until melted and blended into the soup. Cook for another 5 minutes or until corn is cooked through. Taste and adjust seasonings if desired. Serve with fresh parsley and crumbled bacon.

EASY POZOLE VERDE

Makes 4 Servings

INGREDIENTS

- 3 Tbsp avocado oil (or other neutral oil)
- 2 poblano chilis, halved and seeded
- 2 lbs pork loin or leg roast, (or boneless chicken thighs) cut into 1-inch cubes
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 1 jalapeño, seeded and chopped
- 2 cups salsa verde
- 1 bunch cilantro, chopped
- 1 tsp chili powder
- 1 tsp garlic powder
- ½ tsp cumin
- ½ tsp Mexican oregano
- ½ tsp coriander
- Salt and pepper, to taste
- 2 (25 oz) cans hominy
- 4 cups chicken broth
- 1 lime, juiced

DIRECTIONS

1. Preheat the broiler to high and set the rack to the top of the oven. Rub poblanos with some of the oil. Broil 5 minutes each side. Remove blackened skin and slice. Set aside.
2. Heat remaining oil over medium heat in a 6 quart Dutch oven. Season pork generously with salt and pepper. Sauté until browned, about 3-4 minutes each side. Remove from the pot and set aside.
3. Sauté onion until translucent and beginning to soften. Add garlic and jalapeno, cook for an additional 3 minutes. Remove from heat and add poblanos, salsa verde, cilantro, chili powder, garlic powder, cumin, Mexican oregano, and coriander. Season with salt and pepper. Use an immersion blender and blend until smooth.
4. Return soup to medium heat and bring to a simmer. Add hominy, chicken broth, and pork to the pot. Bring to a boil and reduce heat to medium low. Simmer, stirring occasionally for 25 minutes. Stir in lime juice and serve hot.

Tomatillos can be hard to find when out of season, so we use salsa verde in this simple spicy soup recipe.

SALMON CHOWDER

Makes 6 Servings

INGREDIENTS

- 2 Tbsp butter
- 1 yellow onion, chopped
- 1 large leek, white and light green parts thinly sliced
- 4 cloves garlic, minced
- 1 jalapeno, seeded and minced
- 1 lb red or yellow potatoes, chopped
- 3 stalks celery, chopped
- 1 tsp dried thyme, ground
- 1 tsp dried sage, ground
- ½ tsp celery seed, ground
- 1 tsp garlic powder
- 1 tsp ground black pepper
- 1 bay leaf
- ½ cup dry white wine
- 3 cups chicken broth or stock
- 1 ½ cups half and half
- ¼ cup all purpose flour
- 2 cups frozen corn
- 5 oz smoked salmon, skin removed and chopped
- 1 lb fresh salmon, cut into chunks
- Handful flat leaf parsley, chopped

DIRECTIONS

1. Melt butter in a large dutch oven over medium heat. Add onion and leek to the pot. Cook and stir until softened and lightly browned, about 5 minutes. Add garlic and jalapeno, cooking and stirring until fragrant, about a minute. Add the potatoes and celery, cooking until starting to soften, about 5 minutes. Stir in thyme, sage, celery seed, garlic powder, black pepper, and bay leaf. Add wine, bring to a boil and simmer for 5 minutes. Next add the chicken broth, bring to a boil, reduce heat to a simmer. Cook uncovered for 15 minutes or until vegetables are tender.
2. Whisk flour into the half and half until smooth. Slowly pour into the soup, stirring continuously. Bring to a boil, reduce heat and simmer until thickened, about 3-5 minutes. Stir in frozen corn and smoked salmon. Lay chunks of salmon on top. Cover and cook for another 5-10 minutes or until salmon is flaky and cooked through. Taste and adjust seasonings if desired. Serve with fresh parsley.

WINTER BEEF AND STOUT STEW

Makes 6 Servings

INGREDIENTS

- 4 Tbsp olive oil, divided (plus more if needed)
- 1 lb stew beef, cut into 1-inch pieces
- 2 Tbsp all purpose flour
- 1 tsp kosher salt
- 1 tsp black pepper
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- ½ lb trumpet, oyster, or shiitake mushrooms, chopped
- 2 carrots, peeled and chopped
- 2 parsnips, peeled and chopped
- 1 small rutabaga, peeled and chopped
- 1 small celery root (celeriac), peeled and chopped
- 1 medium burdock root, peeled and chopped (about 2 ½ lbs root veggies, total)
- 1 (16 oz) can stout
- 2 cups beef broth
- 2 Tbsp Worcestershire sauce
- 2 sprigs rosemary leaves, minced
- 1 tsp dried thyme
- ½ tsp red chili flakes (optional)

DIRECTIONS

1. Preheat the oven to 375°F.
2. Whisk together flour, kosher salt, and pepper. Toss with beef until evenly coated.
3. Heat 2 Tbsp of the olive oil in a large, heavy bottomed pot (we used a 6 qt Dutch oven.) Brown beef in batches until golden, about 3 minutes each side. Add more oil as needed. Set aside.
4. Add remaining 2 Tbsp olive oil. Saute onions until translucent, about 5 minutes. Add garlic, cook for an additional minute. Deglaze the pan with a splash of broth, scraping up any browned bits. Add mushrooms, cook for another 5 minutes.
5. Stir in all remaining veggies, browned beef, beer, broth, Worcestershire sauce, rosemary, thyme, and chili flakes. Bring to a boil, cover, and place in the preheated oven. Cook for an hour. Remove the lid and give it a stir, and bake uncovered for another half hour.
6. Serve with a green salad and crusty bread.

LAMB STEW WITH LENTILS

Makes 6 Servings

INGREDIENTS

- 1 lb lamb stew meat
- 3 Tbsp all purpose flour
- ½ tsp sea salt
- ½ tsp black pepper
- ½ tsp paprika
- 2-3 Tbsp olive oil
- 2 yellow onions, chopped
- 3 carrots, peeled and chopped
- 2 stalks celery, chopped
- 5 cloves garlic, smashed and chopped
- 1 sprig rosemary
- 1 cup dry red wine, we used Pinot Noir
- 1 (14.5 oz) can diced tomatoes
- 2 cups beef broth
- 1 cup dry green or brown lentils

DIRECTIONS

1. In a small bowl, whisk together flour, salt, pepper, and paprika. Drain lamb and pat dry. Dredge in seasoned flour.
2. Heat 1 Tbsp of olive oil in a 6 qt dutch oven over medium heat. Brown lamb in oil in batches, about 2 minutes each side. Add more oil as needed. Set lamb aside.
3. Add onions to the pot, cook until fragrant and translucent. Add carrots, celery, and garlic. Cook and stir for about 5-7 minutes. Return lamb to the pot.
4. Preheat the oven to 325°F.
5. Add rosemary and red wine. Bring to a boil, reduce heat, and simmer for 15 minutes.
6. Stir in tomatoes and beef broth. Cover, and cook in the preheated oven for 1 hour and 45 minutes.
7. While stew is in the oven, cook lentils. Place in a medium pot and cover with 2 inches of unsalted water. Bring to a boil and reduce heat. Simmer for 30 minutes, or until almost done. Drain and set aside.
8. Add cooked lentils to stew, cook in the oven for an additional 15 minutes. Remove rosemary sprigs, and serve with crusty bread and a glass of Pinot Noir.

VEGAN CHILI

Makes 6 Servings

INGREDIENTS

- 1 Tbsp avocado oil
- 1 large yellow onion, chopped
- 1 small leek, finely chopped
- 5 cloves garlic, minced
- 2 jalapenos (optional), seeded and finely chopped
- 2 bell peppers, seeded and chopped
- ½ cup bulgur wheat or quinoa, rinsed
- 28 oz can fire roasted diced tomatoes
- 4 cups cooked beans

Chili Seasoning

- 3 tsp chili powder
- 1 tsp smoked paprika
- 1 tsp cumin
- 1 tsp Mexican oregano
- 1 tsp cayenne (optional)
- 1 tsp salt
- ¾ tsp garlic granules
- ½ tsp onion powder
- ½ tsp coriander

DIRECTIONS

1. In a large, heavy bottomed pot, heat avocado oil over medium heat. Saute onion until translucent. Add leek and garlic, cook and stir one minute, or until garlic is fragrant. Add jalapenos and bell peppers, cook and stir and addition minute or two.
2. Next, stir in bulgur wheat or quinoa, tomatoes, beans, and chili seasoning until fully combined.
3. Bring to a low boil, reduce heat, cover, and simmer for about an hour, stirring occasionally. Taste and adjust seasonings if desired.
4. Serve with cornbread and a dollop of vegan sour cream.

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